



As the sun of life sinks toward the west

Life has been said to consist of a constant succession of breakdowns and repairs.

In old age, the former predominate. The body machine is more or less worn out. Digestion is less perfect, elimination of waste is increased in quantity, but reduced in efficiency.

Hence, constipation is particularly pernicious. Constipation means more than mere failure of the bowels to move regularly and thoroughly. It means stagnation of the contents of the intestine, increased fermentation, putrefaction and germ action, the production of irritating and poisonous substances, that are absorbed into the blood and carried all over the body.

This is always serious—in old age it is especially dangerous.

Constipation cannot be cured by drugs at any age. It is especially harmful to an aged person to use pills, salts, and similar strong purges in order to force the bowels to act.

But the Nujol Treatment for Constipation is not only safe, it is in every way efficient.

Nujol is not a drug, does not act like any drug.

Nujol helps nature to re-establish easy, soft, thorough bowel evacuation—as "regular as clock-work."

Nujol softens and keeps properly moist the intestinal waste.

Nujol makes it easy for the intestinal muscles to act, and prevents them from overwork.

Nujol absorbs poisons and carries them out of the body.

Get Nujol from your druggist and take it according to directions.

Warning: NUJOL is sold only in sealed bottles bearing the Nujol Trade Mark. Insist on Nujol. You may suffer from substitutes.

Nujol Laboratories
STANDARD OIL CO. (NEW JERSEY)
50 Broadway, New York



WAITSFIELD

A large audience of friends and relatives attended the memorial services in the Congregational auditorium Sunday morning to pay the only respects possible to Pvt. Harry McAllister, who was officially reported as killed on the field in France, Oct. 20. The simple decorations of flags and wreath were very effective. The town service flag was borrowed for the occasion and Harry's sacrifice was represented by the usual gold star, he being the only town boy to pay the supreme price. During the service, which followed the regular form of worship, Margaret Miller rendered a vocal solo and she, with Mrs. Harold Billings, sang beautifully a duet. Mr. Remele gave

the memorial address, which paid beautiful tribute to the soldier who gave his all and feared not the result. Much credit is due Mr. Kirkness, who served at the organ; Mrs. Miller, who planned the decorations; Miss Lillie Jones and the Y. P. B. C., with their teacher, Miss Bushnell, for the success of the service.

Card of Thanks.

We wish to express our sincere thanks for the beautiful memorial service held for our dear one. We are especially grateful to the pastors of the two churches and to the choir, also for the flowers and the many expressions of sympathy we have received.

Mrs. Elizabeth McAllister,
Mr. and Mrs. William McAllister.

"Seen' Things At Night"

TO MOTHERS! Guard your kiddies against torpid liver, sour stomach, constipated bowels which generate poisons. These "inside" poisons circulate to the brain, producing bad dreams, then a feverish head. Unless you "work" out these poisons you will have a real sick youngster shortly. Cascarets are a candy cathartic, ideal for children. Cost only 10 cents a box. Read below!



Children love Cascarets because they taste like candy. When your child has a white tongue, feverish breath, foul stomach, give Cascarets anytime to "work" the nasty bile, souring food and bowel poison from the clogged-up places. You needn't coax even cross, sick children to take these harmless candy "Cascarets." They never gripe—never injure. Cascarets never disappoint the worried mother. Each 10 cent box contains directions and dose for children aged one year old and upwards.

GARFIELD OUT AS FUEL HEAD

Resignation Has Been Accepted by President Wilson

HE PLANS TO RESUME WILLIAMS PRESIDENCY

Fuel Administration Will Continue to Operate During the Winter

Washington, D. C., Dec. 4.—The resignation of Dr. Harry A. Garfield as federal fuel administrator has been accepted by President Wilson, but no announcement has been made as to its effective date. Nor has there been any indication that a successor will be named. It is understood that Dr. Garfield plans to take up again his duties as president of Williams college after the Christmas holidays and that his resignation was sent to the White House so that the president might act on it before leaving to-day for Europe.

The fuel administration will continue to operate at least until the end of the present winter and it will continue control of the anthracite coal supply.

NO ULTIMATUM GIVEN TO GERMANY

Although Marshal Foch Has Warned That Country That It Will Be Held Accountable for Delays in Fulfilling Armistice Terms.

London, Dec. 4.—The Express claims to be able to deny the report from Berlin yesterday that a new ultimatum had been sent to the German government because all the locomotives to be handed over under the terms of the armistice cannot be delivered at once. The newspaper says that it is true that Germany is not keeping up to the stipulated schedule and that Marshal Foch has given warning that Germany will be held responsible for further delays, but he has not fixed a time limit for carrying out the clause relative to railroad equipment.

BROOKFIELD

The primary school was closed from Wednesday till Monday. Miss Prince spent the Thanksgiving vacation with relatives in Randolph.

Several from town attended the Salisbury ball in Randolph, Thanksgiving day evening.

Mrs. C. E. Beard is contemplating closing her house and going to New York City to spend the winter so she will be near her daughters, who have employment there.

The regular meeting of Brookfield grange Friday evening.

E. A. Glysson and family of Barre spent Thanksgiving day with his parents, Mr. and Mrs. E. A. Glysson, at the Center.

Mr. and Mrs. P. C. Larose entertained Thanksgiving day their son, Walter Larose, and family of Randolph.

Miss Gertrude Chase had a vacation from her school work at Goddard seminary, Barre, from Wednesday till Monday, to stay with her mother, Mrs. M. E. Chase, and family.

Mr. and Mrs. F. O. Ralph spent Thanksgiving day in Barre with their son, Neal Ralph, and family.

T. Calligan and A. G. Dutton spent Thanksgiving day with Dr. and Mrs. F. J. Locke.

Mr. and Mrs. A. E. Sargent went to Royallton Wednesday and stayed till Saturday with their daughter, Mrs. C. R. Blake, and family.

Mr. and Mrs. Samuel Mills of Ryegate were guests of her parents, Mr. and Mrs. J. B. Perham, Thursday.

Mrs. A. B. Whittier was in Northfield the first of the week on business.

The ladies of the Second church and of the home missionary society will hold a joint social and sale of useful and fancy articles and also an entertainment by the school pupils at the church parlors Wednesday evening, Dec. 11. Supper will be served from 5 o'clock till 9 p. m. Everybody come.

WAITS RIVER

Word has been received from Capt. Munell, who states that his injury was not serious. The piece of shrapnel entered the left side of his throat, passed through until it rested on the right hand side, missing all the arteries and nerves and he is at present able to be up and dressed although he is yet unable to eat any heavy food. He is located at base hospital No. 8, near Bordeaux.

Word has been received that Roy Boenig has been slightly wounded. Roy is another Wells River boy who has seen much service and we are all glad that his wound is not serious.

Mr. and Mrs. Nelson Bailey were the guests of Mrs. A. S. Rogers of South Newbury over the holidays.

Mr. Fletcher came last Wednesday night for a short visit at the home of Alex. Cockran.

Mrs. Lillian Warren spent Thanksgiving with her brother, Dr. Ricker, at St. Johnsbury.

Efforts are being made to have the morning Boston train that leaves at 6 a. m. put back on. We all hope that these efforts will not be in vain.

Mrs. John Lamere was called to Tewksbury, Mass., by the death of her brother the latter part of last week.

Hale's tavern annex served Thanksgiving dinner to about twenty out of town guests which did not include the regular boarders or transients.

Herbert and Miss Pape visited friends in town last week.

Mrs. Andrew Aitkin, Mr. and Mrs. Herbert Teller and Miss Berry left on Saturday for California, where they will spend the winter.

Robert Brock and Fred Brock and family spent a few days last week with Mr. and Mrs. John Morrill of Newport.

Word has at last been received from Pvt. Fred Vincent, who is stationed in southern France. It was over four months before word was received.

Mr. and Mrs. Walter Johnson visited friends in town last Friday and Saturday.

A large number from here attended the Peter McQueen lecture given in the opera house, Woodsville, Monday evening. Proceeds for the Red Cross.



The charm of those early days is in every puff of Virginia tobacco

In those quaint old days, Virginia was the only tobacco cultivated anywhere in the world. But today, with many kinds to choose from, smokers still prefer Virginia tobacco—particularly for cigarettes.

That golden Southern sunshine and the rich Virginia soil yield an appetizing freshness not found in any other tobacco—a "lively," "snappy" taste that is a happy surprise to smokers of ordinary cigarettes.

"A package of Piedmonts, please."

Piedmont CIGARETTES

NOTE: More than one-third of a billion pounds of Virginia tobacco went into cigarettes during the past year—that is about five times more than all foreign-grown tobaccos combined. And Piedmont is the biggest-selling Virginia cigarette in the world.

Liquor & Meats Tobacco Co.

Save the tin-foil from the Piedmont package and give it to the Red Cross

SOUTH RANDOLPH

Word from Sergt. Harland MacPhetres Regarding Death of Brother in France.

Hadley Merton MacPhetres, born in Dexter, Me., Feb. 7, 1891, died somewhere in France on the battlefield, Oct. 21, being killed instantly by a large shell. Inspector Sergeant Harland MacPhetres, his brother, saw him fall. Both boys were members of battery 101, A. E. F. Both had been in France since September, 1917.

Sergt. Hadley MacPhetres was a South Randolph boy, moving here several years ago with his parents. He enlisted for the war at Salem, Mass. He was severely wounded last summer, passing several weeks at a field hospital, but was back again at the front when killed.

His name was with the roll of honor for bravery last summer.

By his death a pall of sadness and gloom was cast over the community. Hadley leaves three brothers, Archie, of South Randolph, Harland of Massachusetts, a foster-brother, Andrew of South Randolph, and two sisters, Mrs. Fred Blanchard of Danvers, Mass., and Mrs. William Doherty of 435 Broad street, East Weymouth, Mass., also a foster mother and invalid father, who prized him dearly and will miss his loving presence and hearty welcome. With them his many friends hold dear the sweet memories of a pure life and mourn his loss with them.

The following is the letter from Sergt. Harland MacPhetres, which notified the family of the death of Hadley:

"Oct. 26.—As you know by this time, God has seen fit to call our Hadley home to Him. It is an awfully hard task for me to write all the letters that I must, but I know that it is my duty and I am trying hard to do it.

"Hadley lived his life pure and clean, did his duty wherever he was and we must not let his parting depress us too much, because even though we can see him no more, we know that he lives in a home on high far better than any on earth. God has taken him and we must try and guide our lives so that we can go to him when the time comes. He was a wonderful soldier and, as the colonel said to me yesterday, 'One of the very best that the army ever could have.'

"He died beside his gun on the morning of Oct. 21 and passed out instantly, not suffering a bit. This is an awful blow to us all, Dad, but we must all keep cheerful and strive harder to win in this fight. Please try and look at the broader side of it. Take care of yourself and please, for my sake, try to regain your physical condition. I want to find you strong and well when I return. Won't you try? I am pretty well physically, and am at the horse line in

the rear for a few days. Don't worry about me. Just care for yourself.

"Harland."

Andrew MacPhetres is working for William Wright at East Bethel and Richmond Camp for John Wells in South Ryegate.

Frank Williams was quite sick last week.

George Young has moved to the Huntington farm, selling his wood to George

Hyde, also the lumber they have been cutting the past summer.

J. C. Greene sold 10 cows to parties from Canada, for \$1,000. They were carried at South Ryegate Friday.

Mrs. Ethel Rifford has returned to her school after a week's illness. Mrs. Archie MacPhetres took her place while she was sick.

Mr. MacPhetres has returned from the Hanover hospital, where he went for examinations and X-ray treatment.

What Is Nuxated Iron?

Physician Explains—Says Public Ought To Know What They Are Taking—Practical Advice on What To Do To Build Up Your Strength, Power and Endurance and Increase the Red Blood Corpuscles.

The fact that Nuxated Iron is today being used by over three million people annually and that so many physicians are prescribing it as a tonic, strength and blood builder in weak, nervous, run-down conditions, has led to an investigation of its merits by designated physicians and others whose reports should be of great importance to the public generally. Among these is the statement made by Dr. James Francis Sullivan, formerly physician of Bellevue Hospital (Outdoor Dept.), New York and Westchester County Hospital, who says: "When one patient after another began asking my opinion of Nuxated Iron, I resolved to go thoroughly into the subject and find out for myself whether or not it possessed the real value claimed by its manufacturers and attested to by so many prominent people. This is exactly what I believe every honest, conscientious physician should do before prescribing or lending his endorsement to any product whatsoever. If an article is worthless we practitioners ought to be the first to know of it and if it is efficacious we are in duty bound to recommend it for the welfare of our patients. A study of the composition of the Nuxated Iron formula so impressed me with the therapeutic efficacy of the product that I immediately tested it in a number of obstinate cases. So quickly did it increase the strength, energy and endurance of the patients to whom it was administered that I became firmly convinced of its remarkable value as a tonic and blood builder. I have since taken it myself with excellent results. There are thousands of delicate, nervous, run-down folks who need just such a preparation as this, but do not know what to take. Therefore I have urgently suggested the widespread publication of the sworn statement of the composition of its formula so that the public may know what they are taking. This complete formula is now to be found in newspapers throughout the country. It is composed principally of organic iron in the form of iron peptonate of a special specific standard and glycerophosphate which is one of the most costly tonic ingredients known. To the credit of the manufacturers it may be said that they use the most expensive form of iron peptonate, whereas by employing other makes they could have reduced the cost to less than one-twelfth, but by thus cheapening the product they would undoubtedly have impaired its therapeutic efficacy. In my opinion a careful examination of this formula by any physician or pharmacist should convince him that Nuxated Iron is to be placed among the very highest class and most strictly ethical preparations known to medical science. It exceeds anything I have ever used for building up the system and increasing the red blood corpuscles thereby enriching and fortifying the blood against the ravages of disease."

SAVE MEAT
by serving more stuffing when you serve roast meats, poultry, fish and game.
If this dressing is flavored with Bell's Seasoning it adds to the pleasure of the meal.
ASK GROCERS FOR

